

START YOUR DAY THE MINDFUL WAY



Do you often wake up and rush to get on with your day? Do you switch on your devices as soon as you can? Experiment with starting your day in a more mindful way and notice what you feel as a result. Pick a day and give these activities a try...

WHAT DIFFERENCES
DID HAVING A MINDFUL
START TO THE
DAY MAKE?

WAKING UP

- ★ Lie in bed, stretch and wiggle your fingers and toes. Notice how that feels.
- ★ Sit up and notice three things that you like in the room.
- ★ Get up, take a big stretch and shake out your arms and legs. Notice how that feels.
- ★ Take a big breath in... and breathe out very slowly...

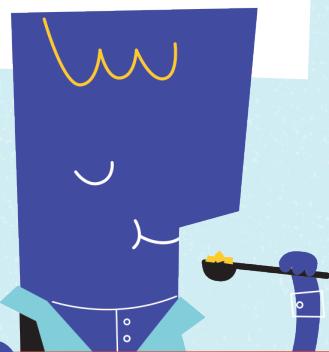


MINDFUL BREAKFAST

- ★ Turn off your gadgets.
- ★ Eat slowly and mindfully.
- ★ Notice the feel, smell and taste of each mouthful. Do they change as you chew slowly?
- ★ Carefully tidy your dish or plate away. Notice any sounds, smells or textures as you do this.



WHAT COULD
YOU DO TO START
EVERY DAY
MINDFULLY?



GETTING READY

- ★ Pay attention to the temperature, sound and feel of the water as you shower or wash.
- ★ Notice the smell of the soap you use.
- ★ How does the towel feel as you dry yourself?
- ★ As you get dressed, notice how each item of your clothing feels and sounds as you put it on.
- ★ Breathe in deeply... and then out.



ON THE WAY TO SCHOOL

- ★ Listen to and look at your surroundings.
Notice:
 - the scenery;
 - the people;
 - the sounds;
 - the smells;
 - the colours you can see.
- ★ Before your first lesson starts, take a moment to focus on your breath to help you get ready to listen and learn.

